January 2017

H.D. Woodson Aquatic Center 202-673-2097

MOVE • GROW • BE GREEN with **▶DPR**

540 55th St. NE Washington, D.C. Mon, Wed, Fri 6am-8am/5pm-9pm Sat, Sun 9am-5pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy New Yearl	2 YMCA Senior WA 7AM-8AM	3	4 YMCA Senior WA 7AM-8AM	5	6 YMCA Senior WA 7AM-8AM	7
8	9 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	10	11 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	12	13 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	14
15	16 MLK Day	17	18 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	19	20 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	21
22	23 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	24	25 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	26	27 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	28
29	30 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	31		Program Ma erobics (single class pan aquatic customer se	er week)—January 8t	

February 2017

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540 55th St. NE Washington,D.C. Mon, Wed, Fri 6am-8am/5pm-9pm Sat, Sun 9am-5pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29	30	31	1 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	2	3 YMCA Senior WA 7AM-8AM	4	
5	6 YMCA Senior WA 7AM-8AM	7	8 YMCA Senior WA 7AM-8AM	9	10 YMCA Senior WA 7AM-8AM	11	
12	13 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	14	15 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	16	17 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	18	
19	20	21	22 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	23	24 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	25	
26	27 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	28	Program Make Up Week Learn to Swim & Water Aerobics—February 5th—12th Please consult an aquatic customer service representative for more details				

March 2017

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540 55th St. NE Washington,D.C. Mon, Wed, Fri 6am-8am/5pm-9pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Program Make Up Week Learn to Swim & Water Aerobics—March 12th—18th Please consult an aquatic customer service representative for more details			1 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	2	3 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	4
5	6 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	7	8 YMCA Senior WA 7AM-8AM Deep/Shallow WA 7PM-8PM	9	10 YMCA Senior WA 7AM-8AM	11
12	13 YMCA Senior WA 7AM-8AM	14	15 YMCA Senior WA 7AM-8AM	16	17 YMCA Senior WA 7AM-8AM	18
19	20 YMCA Senior WA 7AM-8AM	21	22 YMCA Senior WA 7AM-8AM	23	24 YMCA Senior WA 7AM-8AM	25
26	27	28	29	30	31	1